



Personal Goals

Grade Level: Foundational Lesson Plan Timeframe: 1-2 days Topic: Goal setting
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Overview & Purpose Students will determine the difference in short and long term goals. They will identify the aspects that makeup a good goal. They will set goals for themselves.	FCCLA National Program(s) Power of One STAR Events
<u>Idaho Standards</u> EFCS 1.3 TL 1.0 TLC 6.4 YL 1.9 L 1.0 <u>National FACS Standards</u> 1.0 2.0 6.0 12.0 13.0	Programs of study Teen Living Adult Living

Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	Students will be able to differentiate between short and long term goals. Students will identify the aspects of a good goal. Students will demonstrate an understanding of goals by setting a goal for themselves.
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Computer with Internet
Introduction of Subject Anticipatory set (Give and/or demonstrate necessary information)	Ask how many students set goals on a regular basis. Discuss

Activity 1 (Describe the independent activity to reinforce this lesson)	Provide information for students on short term and long term goals. Discuss Identify what makes a goal good. SMART goals discussion- http://www.topachievement.com/smart.html S pecific M easurable A ttainable R ealistic T imely
Activity 2 (Describe the independent activity to reinforce this lesson)	Have students use the information they know about SMART goals to set a goal for themselves that they can complete in the next two weeks. Have them use the FCCLA Planning process and journal their action steps.
Assessment	Class discussion Student goals Planning process sheets journals
Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)	Complete the follow up portion of the planning process
Other Resources	http://www.goal-setting-guide.com/goal-setting-tutorials/smart-goal-setting
Additional Notes	Can turn the goal into a STAR Event project
Source (If Applicable : cite any published or copyrighted materials used in this lesson plan)	National Spotlight Project

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